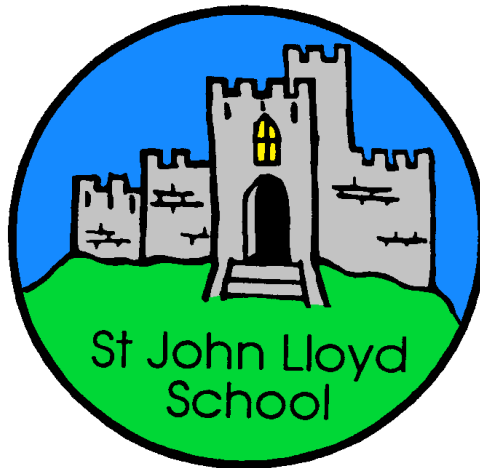


# St John Lloyd RC Primary School

## Healthy Eating Policy 2024/25



### Contents

1. Aims, purpose and responsibility
2. Food in the curriculum
3. School lunches
4. Packed lunches
5. Snacks
6. Breakfast club
7. Partnership with parents and carers

#### 1. Aims, purpose and responsibility

- Why children need to eat well.
- What children eat today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

## **Why a policy is needed?**

At SJL we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.

We aim to

- Increase knowledge and awareness of a healthy diet/ lifestyle
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

## **Responsibility:**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices

Governing Body delegated to the Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff All staff are responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our curriculum.

Cardiff LA and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.

This school policy takes account of national guidance and Change4 life initiative

<https://www.stjohnlloydrcprimaryschool.co.uk/healthy-luchbox/>

## **2. Food in the curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum. We ensure that pupils are taught an aspect of cooking from Reception up to Year 6, in line with the national curriculum, developing their understanding in food related issues including food hygiene and safety issues. This has been extended through our edible garden initiative

This policy will contribute towards other policies in the following ways:

- Behaviour: Pupils who eat healthily are more focussed on their work and behaviour is better
- Wellbeing: Healthy food and choices and practical food education is included in the curriculum
- Science: Healthy eating and nutrition is part of the science curriculum
- Enrichment: Hands on opportunities for pupils to prepare and cook food within a mixed age social group
- Equality: We take account of the needs of all our pupils, including those with disabilities and allergies

## **3. School lunches**

All our school meals are provided by Cardiff Council, who acts in accordance with the WG School Food Standards. The dining area has a calm and positive atmosphere where pupils socialise and enjoy the dining experience. Food choices are selected by the parents via ParentPay to allocate their child a free school meal.

## **4. Packed Lunches**

### **Aim**

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours. To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools.

Packed lunches should **not** include:

- Nuts
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks. (Zero sugar squash is allowed at lunchtime but water only in classrooms)

These expectations are monitored by lunchtime staff.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the above standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Monitoring packed lunches and snacks.**

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If pupils consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

### **5. Snacks**

Milk is provided free for all infant pupils. Only healthy snacks are allowed at break time. This should be fruit, vegetables, crackers and cheese or low-fat cereal bars. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school Monday to Thursday. Friday is a treat day.

### **6. Breakfast club**

Aim

- To provide food for children of families that have an early start to their day
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- To improve the punctuality of some pupils who were frequently late
- To improve links between parents and school and pupils and class teachers

The club offers a calm, clean, pleasant environment for pupils to eat a healthy breakfast and to socialise with other pupils and adults. Special diets and allergies are catered for after detailed discussion with parents.

### **Nut allergies**

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and pupils with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

### **7. Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through the school website and newsletters <https://www.stjohnlloydrcprimaryschool.co.uk/healthy-luchbox/> The partnership of home and school is critical in shaping how pupils and young people behave, particularly where health is concerned. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time.

### **Water for all**

During school meal times only, drinks which comply with the WG guidelines may be consumed including water. If pupils bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy. Pupils are encouraged to drink water regularly throughout the day and have water bottles in class.